

Skills and Personal Reflective Activity

Initial audit of confidence in academic skill areas develops understanding of skills and abilities

Action plan to identify ways of increasing confidence

Development activities to increase skills and confidence

Evidence record to demonstrate skills and to share/discuss with personal tutors

Completing SaPRA

- SaPRA is not a test - there are no right or wrong answers.
- Students reflect on a series of different skills/statements and identify their level of confidence on a scale of 1 to 5.
- Students need to be honest! If they aren't they are cheating themselves!
- Full results are confidential to the student.
- Academic staff are provided with a summary of results for the cohort.

Academic Writing Skills

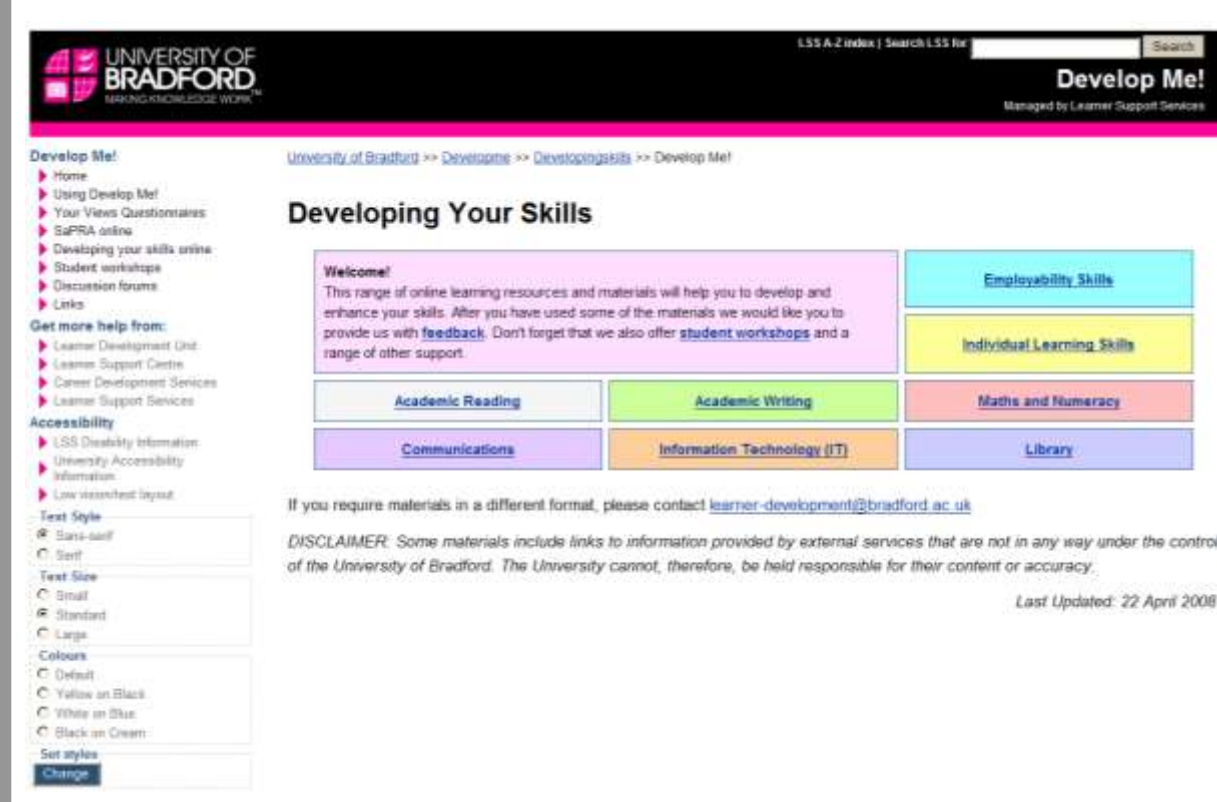
This section will help you to assess your confidence in your academic writing skills.

On a scale of 1 to 5, with 1 being not confident at all and 5 being very confident, how do you feel about

taking effective notes in lectures	1 not confident at all	2	3	4	5 very confident
taking effective notes from books and journal articles	1 not confident at all	2	3	4	5 very confident
taking effective notes from online sources	1 not confident at all	2	3	4	5 very confident
paraphrasing (putting information into your own words) without copying large sections	1 not confident at all	2	3	4	5 very confident
expressing your ideas clearly in your writing	1 not confident at all	2	3	4	5 very confident
using appropriate vocabulary in your academic writing	1 not confident at all	2	3	4	5 very confident
writing academic essays/reports and assignments	1 not confident at all	2	3	4	5 very confident
writing academic bibliographies and references	1 not confident at all	2	3	4	5 very confident

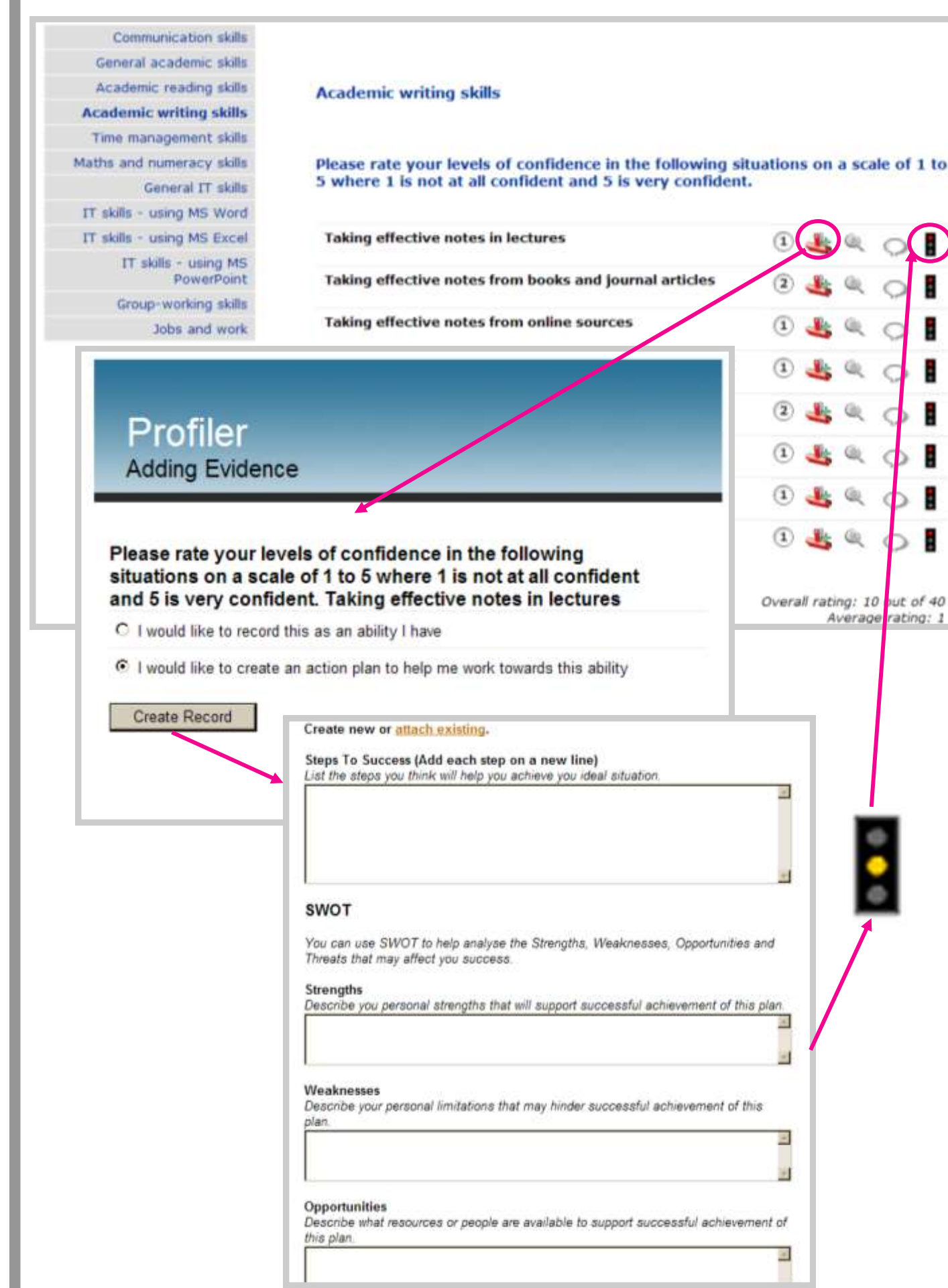
Development activities

- **Workshops** run by the Learner Development Unit (LDU) - <http://www.bradford.ac.uk/lss/lssworkshops/>
- **1-2-1 support** from a LDU adviser or the Royal Literary Fund Fellow.
- **Develop Me!** online materials - <http://www.bradford.ac.uk/developme> (PC) <http://www.braduni.mobi/> (mobile)



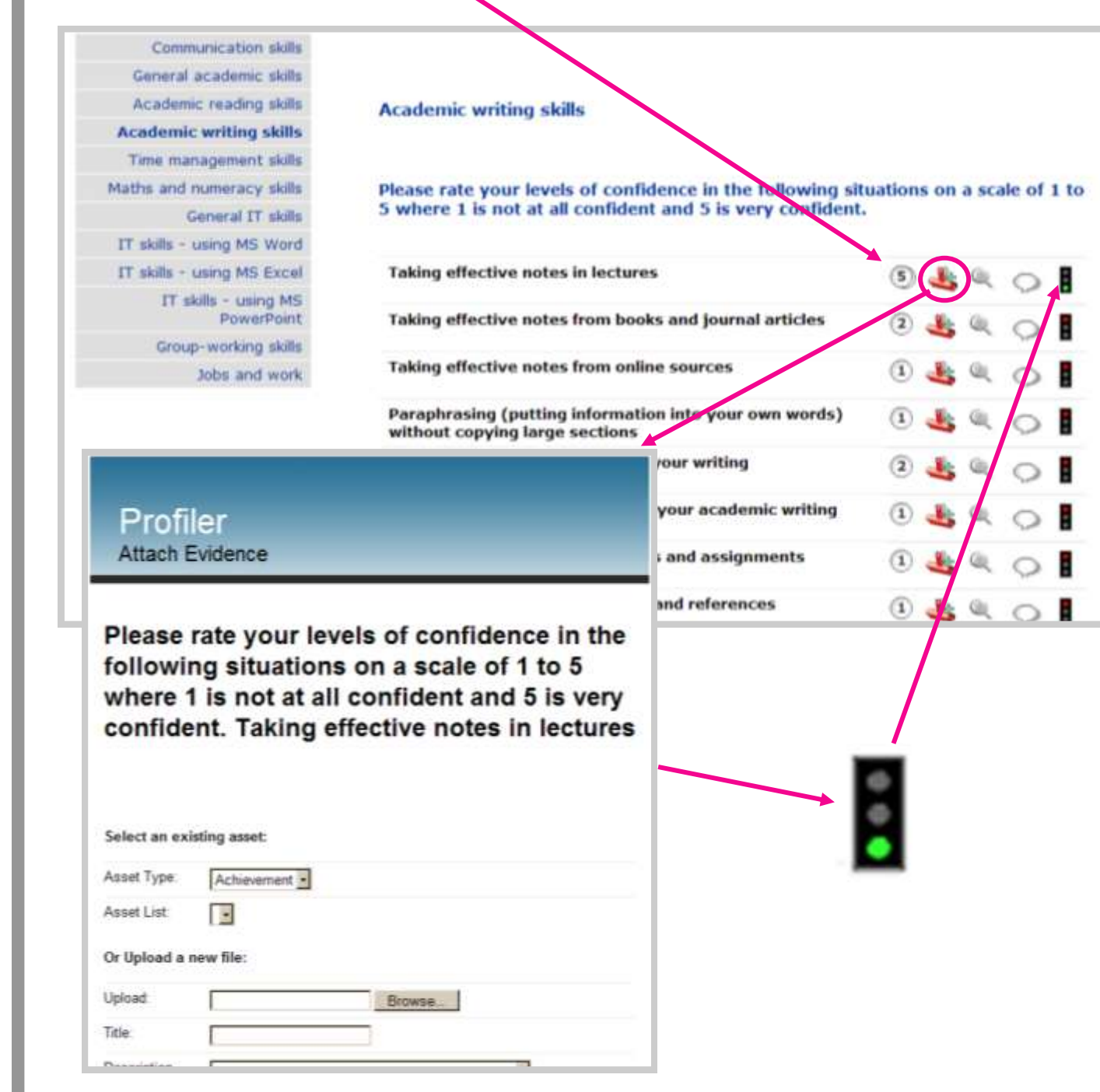
Action Planning

- Students use SaPRA to create an action plan for the areas where they need to increase their confidence.



Reviewing and evidencing SaPRA

- Students review and evidence SaPRA as their skills and confidence increase.



What students/staff say



“ it's good to know that the institution cares about you. ”



“ SaPRA has helped me to focus on what I need to. ”



“ helped students to be more strategic in the support that they seek and that has helped to inform their interventions with my tutees. ”